

Caregiver Support Worksheet: Building Your Support Team

Use this worksheet to identify areas where you'd like more support. On the left are examples of support you can draw from. On the right, choose one area to focus on, name potential pitfalls/challenges, and write down a specific action step you will take.

Support Areas & Examples	Focus Area	Pitfalls / Challenges	Specific Action Step
Emotional & Relational - Listening partner - Friendships - Therapy - Spiritual support			
Practical / Household - Meals / groceries - Cleaning / laundry - Transportation - Childcare / respite			
Medical & Caregiving - Nurses / aides - Medication reminders - Appointment help - Overnight respite			
Financial & Logistical - Grants / fundraisers - Paperwork / forms - Insurance navigation - Workplace accommodations			
Informational & Advocacy - Diagnosis education - IEP/504 support - Legal advocacy - Peer knowledge			
Personal / Self-Care - Exercise / hobbies - Protected me-time - Accountability buddy - Creative outlets			
Community & Social - Family support - School / parent groups - Faith / neighborhood - Online communities			